## A PAGE FOR LADIES OF FASHION = CALOMEL MAKES YOU SICK, UGH!

**Nellie Maxwell Tells** of things new and delicious to tempt the Palate

A Department Devoted to the Personal Interests of

Julia Bottomley's Latest Ideas on Inter-National Fashions

## The Lady Friends of the Tulsa Star



er coin than punishment and wrath, when will mankind begin to know theer-Inckens.

HOT WEATHER DISHES.

cool, refreshing, nicely served salad is especially appetizing and grateful on a hot day. The following are old standbys:

Normandy Salad,-Cut cubes three cucumbers, three hard-cooked eggs, add a cupful of of chopped olives and three-fourths of a cupful of nut meats. Serve in tomate cups or on lettuce

leaves with mayornaise dressing Sweetb sad Salad .- Parboli and remove all fiber from a pair of sweet breads. Cut in small cubes, add equal parts of celery and cucumber serve with boiled dressing to which a little Worcestershire sauce has been added.

Chicken Salad.-Take a cupful of the breast of chicken, cut in cubes, one cupful of walnut meats or any nut preferred, two cupfuls of celery. mix with a good boiled dressing: mayonnaise is just right for this salad, as the white meat lacks fat.

Cheese Salad .- Take one or two bricks of cream cheese, add thick sweet cream to soften, add chopped chives and green peppers with nuts Make in small balls or heap on lettuce leaves. Serve with or without dressing.

Danish Custard .- Put two-thirds of a cupful of sugar into a saucepan and place in a hot place on the range to melt. When a light brown in color, set the dish into a large pan of cold water to stop the cooking, turn the coated with the caramel. Beat five eggs, add a fourth of a cupful of sugar, half a teaspoonful of salt and one teaspoonful of vanilla, then one quart of Strain into the dish with the caramel, set into a pan of hot water and bake until firm. Chill and turn on to a cold plate to serve. Whipped cream may be served with this or it may be served alone. Do not allow the caramel to become too brown or the custard will have a burned taste. A simple dessert well liked, is any kind of canned fruit with a spoonful

#### CROQUETTES AND FRITTERS.

Croquettes and fritters never go out of style, and when well-seasoned and

of whipped cream as a garnish.



well-made, are most de-licious. The important things to remember atter the croquettes are made is to give them a good coating of sifted and another coating of accomplishment.

amoking hot and then tested with a ference in the texture depends upon 40 seconds it is hot enough for all uncooked mixtures, a 60-second test the same will be right for all cooked mixtures. When fat bubbles and bulls, too much moisture is in the mixture and a few less should be adqed to the fat. Five or six croquettes or cakes are sufficient to cook at one time. After removing from the hot fat the food should be drained on paper. When fat needs clarifying, add a boiled potatoes in half inch pieces, few slices of raw potato and cook unthen cut the slices in cubes; there double cheese cloth to remove all set-

Cheese Croquettes. To three table and add the yolks of two eggs, slightly beaten and diluted with two tablespoonfuls of cream and two cupfuls in crumbs, eggs, and fry in deep fat.

starch, three tablespoonfuls of flour sugar and a half teaspoonful of salt. pour the milk on; cook 15 minutes; add a tablespoonful of butter, oneoblongs and fry as usual.

THEIR SELECTION A MATTER OF

Going-Away Suit May Be Made to Do Duty on Many Occasions-Always Well to include One Cos-

For her silk going-away suit, the bride may choose shantung and pongoe, and assure horself thereby of a most satisfactory garment. A simple bloose will make this suit exactly always find a ready sale at a bazaar.

We give a sketch of a pretty little dition, and a smart frilly one will make it appropriate for a luncheon on a matinee. If the "silent colors" are not becoming to her, she may consult the sample books of faille and otto man; and if she wants the newest thing of all, she will take grenadine or volle. A white net blouse, quite plain but for a freek of tiny platted frills at neck and wrist, is an attractive nov-There is great piquancy of effect in its black stock ribbon bound around the neck between the feathery ruffles.

It is well to include a serge suit in one's outfit for the really chilly weather that sometimes happens in the best regulated summers, but it need not necessarily be a brand new one, unless one likes. A one-piece dress, dark and serviceable, for a day's traveling or shopping will be found useful; and the new redingotes of silk, which completely cover a gown, are the latest thing in daytime wraps. In the evening, the bride of 1915 will want to envelop herself in a cloud of pale colored tulic, with a pointed taffeta bodice, or turn herself into a sort of walking morning glory flower by her flaring skirt of taffeta or gros de londres. A pair of gold slippers to wear with her short-skirted dancing dress will be found a sensible investment. They are expensive, it is true, but they go well with all the pale colors that are fashionable for evening, and they are a good deal more economical in the end than slippers and stockings to match each gown. Evening wraps are simply ravishing-voluminous affairs of coral, turquoise or purple silk, lined with chiffon, edged with Georruches and decked with silver embroidery, or trimmed with white A white fox neckpiece to wear with them would make a gift for



Evening Frock of Yellow Taffeta With Sash of Gold-Beaded Net-The Bod-ice and Underskirt Are of Chiffon Finished With Bands of Black Vel-

which any bride would be pathetically

Hats are always important, for they can make or mar the ensemble. For traveling, the bride should make her head as neat and trim and as small as possible. When she reaches her destination she may let her headgear be as

large and frivolous as she pleases. Wide sailor-shapes in flowery cretonne and tussore colored to match the silk wreath are charming with white clothes for mornings. For afternoon, there are the transparent fantasies in black, white or pale colers, or the old-fashioned leghorn are pretty ones of crepe de chine in Sports hats are seen in supple hemp and blue. There are others with colored or tucked and corded sitk. If one is ored borders and many with colored really serious, there are practical embroidery.

GARMENTS FOR BRIDE affairs in panama and soft felt. White kid hats are new, if rather heavy. The all-white or all-black but is always a good choice.

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DAINTY LITTLE PEN WIPER Can Be Made From Old Dress Pattern

or Almost Any Kind of Dis-carded Remnant.

ers are always welcome, as they are articles that carf be made from old dress patterns or almost any kind of hanging pen wiper that can be quick-



ly made. It measures two inches in width at the top and three inches in width at the bottom, and it is three inches in length.

Our sketch clearly shows the shape in which it should be cut out, and for the interior any kind of small pieces of material can be utilized.

The cover is made of dark green cloth and the design that appears upon it and which can quite well be worked from our illustration is embroidered

with silk of an old rose color.

The pieces of material are cut into points at the base of the pen wiper, and they are securely bound together at the top with a strip of black kid and possibly a portion of an old glove may be used for this purpose.

For suspending the pen wiper from a nail in the wall, or perhaps one of the handles of the drawers in the writing table, an ordinary key ring is sewn on in the center at the top,

#### SIMPLE DRESS FOR A CHILD

Pretty Design That Few Mothers Would Have Much Difficulty in Copying to Perfection.

In the window of a store where children's dresses are sold is a dress which draws remarks from every ob server. The dress is so effective and so simple that every woman standing before the window feels sure she can make one just like it for her daughter and for half the price quoted on the tag.

And every woman filled with such confidence has the right idea, for the dress is made in simple jumper effect, being of pink linen, and the underbody or guimpe is of white batiste. At either side front of the dress is a daisy outlined with coronation braid, and from the daisy a stom and several tiny leaves grow for a distance of four inches from the top and bottom of the flower. The coronation braid is white and the leaves and stems are outlined in white mercerized cotton. Turned back cuffs and a lay-down collar on the guimpe are edged with finely plaited batiste, and both sides of the front box plait are edged with narrower plaiting. A wide black velvet belt, slipped through embroidered slots. adds distinction to the little frock,

Duplicate this model in all white, in a combination of blue and white, yellow and white or brown and white, and you will cause rejoicing in the heart of the little girl who is to wear it.-New York Press.

Something New Is a "Middy,"

A pleasing change from the old-stlye, sailor-collared middy blouse for tennia wear, is this smart tunic with nd its unusual arrangement of collar. ton percale, the skirt in a gore-flared tive exercises. The trimmings are of white cotton duck trimmed with tan calf.

Colored bandkerchiefs are perhaps

# IT'S MERCURY AND SALIVATES

Straighten Up! Don't Lose a Day's Work! Clean Your Sluggish Liver and Bowels With "Dodson's Liver Tone."

day's work.

Calomel, when it comes into contact by vegetable, therefore it cannot saliwith sour bile crashes into it, breaking it up. This is when you feel that awful nauses and cramping. If you feel sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizzinesa, coated tongue, if breath is bad or stomach sour, just try a spounful of system and making you feel miserable. harmless Dodson's Liver Tone.

Here's my guarantee-Go to any drug store or dealer and get a 50-cent

#### SOLDIERS WHO WEAR VEILS

British Troops in Southwest Africa Have to Conduct Campaign Under Difficulties.

One of the hottest places where the British are fighting is in German Southwest Africa, where General Rotha is in command of an expedition against the enemy. The habitable part of German Southwest Africa lies in the center of a sun-scorched, waterand General Botha's men have to carry everything they need, for nothing whatever can be obtained from the country, not even fodder for the ani-

The sand penetrates everywhere and the heat of the sun is so terrific that all the troops fighting with Gen-eral Botha have been served out with veils and "goggles." Without them, indeed, it would be impossible to get along at all, and, as it is, hundreds of the Boer burghers, though hardened campaigners, have been so blistered by the sun that they are in hospital.

The heat at midday is 122 degrees in the shade and the "shade" is a sweltering tent. Many of the troops pass that time of the day with nothing on but a sun belmet and a pair of boots.

Lost to Sight.

"How annoying! The English and German accounts of the latest battle

don't agree." "What can you expect? Truth and Veracity 'dug themselves in' when the first shot of the war was fired."

More Practical.

"I see where King George has taken away the Garter from the kaiser and other German rulers."

would have done more good for him to have turned the hose on 'em.'

His Busy Day.

Mrs. Dixon-Why do you let your husband growl so much when you have company?

Mrs. Vixen-That's the only time he gets to grumble.

The Whole Thing. Old Bachelor Friend-How's every

thing? Married Friend-Oh, she's all right

Worry knocks more men out than

But It Was a Hard Pull.

It is hard to believe that coffee will put a person in such a condition as it did an Ohio woman. She tells hor own story:

"I did not believe coffee caused my trouble, and frequently said I liked it quit drinking it, but I was a miserable sufferer from heart trouble and nors-

ous prostration for four years. I was scarcely able to be around, had no energy and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it.

"Frequently I had nervous chills and the least excitement would drive sleep away, and any little noise would upset me terribly. I was gradually getting worse until finally I asked myself what's the use of being sick all the time and buying medicine so that

I could indulge myself in coffee? 'So I got some Postum to help me quit. I made it strictly according to directions and I want to tell you that change was the greatest step in my life. It was easy to quit coffee be cause I now like Postum better than

One by one the old troubles left until now I am in splendid health nerves steady, heart all right and the pain all gone. Never have any mornervous chills, don't take any medicine, can do all my house work and have done a great deal besides."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in page.

Postum comes in two forms: Postum Cereal—the original formmust be well boiled. 15c and 25c packagen.

Instant Postum-a soluble powderdissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 200 and 50c tins.

Noth kinds are equally delicious and cont about the same per cup.
"There's a Reason" for Postum.

Ugh! Calomel makes you sick. Take straighten you right up and make you dose of the vile, dangerous drug to- feel fine and vigorous by morning I night and tomorrow you may lose a want you to go back to the store and day's work.

Calomel is mercury or quicksilver is destroying the sale of calomel because necrosis of the bones.

Calomel is mercury or quicksilver is destroying the sale of calomel because it is real liver medicine; entirevate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to bottle of Dodson's Liver Tone. Take your children. It is harmless; doesn't a spoonful touight and if it doesn't gripe and they like its pleasant tasts.

A Discovery.
"What I w, at to find for the summer is a nice, quiet place where I can do as I please."

That's my idea exactly. I'm going to stay home."

"I bear your old flame, Maud, is a

widow." "I always was lucky. Just think, if I'd married her I'd be dead now."

Always use Red Cross Ball Blue, Delights the laundress. At all good grocers. Adv.

According to history, Jonah was the first man who wanted the earth.

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pasevitch for postum.
—sold by Grocers.

spoonfuls of melted butter add a third a cupful of flour and stir until weil blended, then pour gradually one cup-ful of milk. Bring to the boiling point of milk cheese, cut in cubes. Season with three-fourths of a teaspoonful of salt and a few dashes of pepper. Spread on a plate to cool. Shape, dip

Raisin Crome Fritters.-Scald two cupfuls of milk in a double boiler with an inch stick of cinnamon. Mix thoroughly one-fourth of a cupful of cornand dilute with a fourth of a cupful of cold milk. Heat the yolks of three eggs slightly, add a half cupful of Combine the dry and egg mixtures and third of a cupful of raisins, steamed until plump. Turn into a pan having the mixture three-fourths of an inch thick. Die in crumbs after cutting in

IMPORTANCE.

tume of Serge.

When buying dates, as other things, get all you can for your money, but have them good. The dates with the small stones are the most economical, as the large benvy stone in the larger date weighs much

more. M Innounce A most delicious litdates is this and hesides being good, they keep moist a long time. Use a cupful of sour milk, a quarter of a tenspoonful of soda, two cupfuls of flour and a tenspoonful of baking pow-der mixed with it, spices to taste, a half cupful of chopped dates, two well beaten eggs two tablespoonfuls of

GOOD THINGS WITH DATES.

melted shortening, salt to taste. Mix well and bake in gem pans. Date Bread Pudding.—Take two cup-fuls of chopped dates, two cupfuls of fresh bread crumbs, four cupfuls of milk, three eggs, a tablespoonful of butter and a quarter of a cupful of sugar. Mix the dates and crumbs together and put them into a baking dish which has been well buttered Add the eggs, slightly beaten, to the milk and sugar reserving one white to go over the top as a meringue when the pudding is nearly done. When a little pie crust is left make a few date turnovers. Chop the dates, add orange juice, a few brend crumbs, a little but-

fluting the edges. Bake in a hot oven. Date Salad.-Save orange cups or those of grapefruit to serve the salad in. Take a cupful of stoned, washed dates, add two cupfuls of orange pulp. a half cupful each of celery and cocoanut and cream salad dressing. Mix lightly and fill the cups. Place on lettuce leaves when serving. Other nuts

ter; fill the small crusts and turn over,

may be used in place of cocoanut. Marmalade.—Dates and rhubarb are a good combination. Take two cupfuls of dates to three cupfuls of rhubarb, and a half cupful of sugar. Put all together and slowly cook, well covered. Simmer one hour, then put in glasses

### WARM WEATHER DISHES.

As the warm weather approaches the housewife is able to prepare and serve well chilled many dishes which are especially grateful to the anpetite. Desserts and salads of many kinds may be prepared before they are needed. There is no dessert that is so

popular as the frozen one and the countless crumbs, then dip in egg at hand make variety and are easy of combinations which are

surplus so that it does not make the and frozen in a mold or stirred and coating too thick. The fat should be frozen as one does ice cream. The dif-Maple Parfait.-This may be packed the method of freezing. Beat two eggs well and add to a cupful of hot maple sirup, cook just long enough to set the egg. Chill and add a pint of rich nilk or thin cream and freeze. se packed as a parfait, separate the whites from the yolks and do not cook them, but fold into the mixture beaten stiff, just before packing in the

mold. should be one and a half cupfuls. Add three hard cooked eggs, finely chopped one-fourth of a finely chopped onion and one canned pimento, drained and dried on a towel and cut in thin strips. Moisten with salad dressing and serve in nests of crisp lettuce leaves.

Company Dish.-Soak a tablespoon ful of gelatin in a fourth of a cupful of water and dissolve it in one cupful of bolling water: then add a fourth of a cupful of sugar, the same amount of vinegar, two tablespoonfuls of lemon juice, and a teaspoonful of sait. Strain and cool and when the mixture begins to thicken add a half cupful of shredded cabbage, the same amount of cooked peas, and cucumber cubes and a few cubes of cooked beets. Put into a ring mold and when ready to serve fill the center with a good firm salad dressing and garnish the platter with neat slices of cold roast of lamb and crisp sprigs of water cress,

Neceie Maxwell

or mint will be appropriate with lamb.

in tall glasses with a spoonful of va-

add cream and sugar and chill.

nilla ice cream to each glass.

Save good coffee from breakfast,

grateful.

wreathed with flowers and ribbons. plain light colors—yellow, pink, violet

its belt passing under the front panel, Skirt and tunic are of fine white cotcut and the tunic having wide arm-boles and slashes at the hip so that it is very roomy and comfortable for a Dutch blue chambray. This malden wears a sensible tennis hat of lightweight straw with shady brim. Her feet are shod with tennis shoes

Colored Handkerchiefs.

more usual nowadays than plain white ones-at least handkerchiefs showing some color, even if only a little. There